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PAGE 11

More mudslide deaths confirmed

Dozens of people are still missing in the aftermath of the tragedy

PAGE 3

Faster than a speeding calorie

More powerful than a chocolate craving ... welcome to the world of superfoods PAGE 24

Back-to-work legislation introduced by B.C. in Port Vancouver strike

Labour. Union spokesman says tweaks to the government's plan for truckers and a change in the mediator's powers could spark a settlement

Unionized truckers on strike at Vancouver's normally busy shipping-container terminals could face fines of up to $400 a day if they don't return to their jobs once back-to-work legislation passes through the British Columbia legislature later this week.

The Liberal government followed through with its promise to table back-to-work legislation for unionized truckers, introducing a bill Monday that also includes potential fines of up to $2,500 a day for union officers and $10,000 a day for the union itself, as well as their employers.

The legislation, which calls for a 90-day cooling-off period, only applies to the 250 unionized truckers at Port Metro Vancouver, Canada's largest port. More than 1,000 non-unionized truckers have also walked off the job.

"We need to see some movement here," said B.C.'s labour minister, Shirley Bond. "We introduced legislation today, reluctantly."

The strike has affected the port's four container terminals in the Vancouver area. At its peak, the port said the strike was affecting $885 million worth of goods per week, though the situation has improved in the past week as truck traffic increased. The non-union truckers walked off the job late last month, and several hundred Unifor members joined them on March 10.

Union spokesman Gavin McGarrigle said his members are losing money under their current agreements and they feel they have little to lose if they stay on strike.

THE CANADIAN PRESS

Striking container-truck drivers cheer during a rally on March 21. The province should pass back-to-work legislation later this week.

DARRYL DYCK/THE CANADIAN PRESS

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NEWS

SkyTrain. Workers vote 95% in favour of strike

More than 500 SkyTrain workers voted 95 per cent in favour of job action on Friday, citing a lack of benefits as their main source of frustration.

CUPE 7000 spokesperson Annaliese Hunt told Metro that negotiations have been ongoing for eight months, but lately it's come to a halt.

"Last month we hit an impasse," Hunt said. "Mostly because the employer was refusing to remove substantial concessions, and we're not in agreement on a third-year wage increase."

Negotiations are set to resume next week and Hunt is hopeful things will turn around, but if not the Millenium and Expo lines could be drastically affected.

"It wouldn't operate," Hunt said. "Our members are vital to the safe operation of the system. But the last thing we want to do is affect the public when we still have other avenues to get our point across."

However, if negotiations remain in a gridlock then the union will issue its 72-hour notice for job action, Hunt said.

The British Columbia Rapid Transit Company (BCRTC) told Metro as negotiations are still ongoing they have nothing to speak on yet.

"At this time, we do not have anything to add as we do not want to hinder the integrity of the process," said BCRTC in an emailed statement.

SAM SMITH/FOR METRO

Danielle Rivera gets her equipment ready before heading out at the Darrington Fire District 24 Station in Darrington, Wash., on Monday.

MARCUS YAM/THE SEATTLE TIMES/THE ASSOCIATED PRESS

More bodies found in Washington mudslide

Damages. About two dozen houses were flattened, and the debris blocked a mile-long stretch of state highway near Arlington

As the search for survivors of a destructive Washington state mudslide ballooned Monday to include scores of people who were still unaccounted for, the death toll from the wall of trees, rocks and debris that swept through a rural community rose to at least 14.

In the struggle to find loved ones, family members and neighbours used chain saws and their bare hands to dig through wreckage that was tangled by the mud into broken piles.

Late Monday, the list of potentially missing people topped 176 following the disaster Saturday about 55 miles northeast of Seattle. But Snohomish County Emergency Management Director John Pennington stressed that authorities believed the number included many duplicate names.

"The 176, I believe very strongly is not a number we're going to see in fatalities. I believe it's going to drop dramatically," he said.

The number of those possibly missing grew dramatically from an estimated 108 earlier Monday. But Pennington said the list was compiled from information provided by the public, and officials were trying to cross off reports that likely described the same person. The list included construction workers who were working in the area and people just driving by.

The lack of definitive information two days after the massive slide destroyed a cluster of homes at the bottom of a river valley ratcheted up anxieties.

"The situation is very grim," Snohomish County Fire District 21 Chief Travis Hots said, stressing that authorities are still in rescue mode and are holding out hope. But he noted: "We have not found anyone alive on this pile since Saturday."

THE CANADIAN PRESS

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Investigation. Two in hospital, three in custody after double stabbing

Two 15-year-olds are suffering serious slash wounds — one to the arm and one in the neck — after a fight that took place outside Main Street SkyTrain Station on Sunday night.

Police responded to reports of a fight, which involved bear spray, outside the station shortly before 6 p.m., where they found the two teens slashed.

Both victims, a female and male, were taken to hospital and remain in stable condition.

Two men in their 20s and a 19-year-old woman were taken into custody around 9:30 p.m.

The men were arrested for aggravated assault and the woman for obstruction.

Vancouver police Sgt. Randy Fincham said it appears their was an argument between two groups of people, which escalated to the teens getting slashed, but police continue to investigate the motive of the incident.

Fincham is asking any witnesses to step forward.

"It's possible there were more people involved," he said. "Police will be looking at that too from witnesses to see if there is anyone else they should be looking for."

Anyone with information about the incident is asked to call the VPD Major Crime Section at 604-717-2541 or Crime Stoppers at 1-800-222-8477.

The victims and suspects are known to police.

KAYLA ISOMURA/FOR METRO

Jenny Kwan. Leave for member connected to audit: B.C. NDP leader

The leader of B.C.'s Opposition New Democrats says his party is still figuring out the terms of caucus member Jenny Kwan's unpaid leave from the legislature, which was prompted by her connection to an audit of a Vancouver-based non-profit group.

Kwan announced the leave on Friday after writing a $35,000 cheque to cover her family's trips to Disneyland and Europe, which were paid for by the Portland Hotel Society, a group that works with some of Canada's poorest and most vulnerable people.

Kwan insists she wasn't aware her former husband, Dan Small, used money from the Portland Hotel Society, of which he was a former executive, to pay for the trips.

Adrian Dix says the NDP is meeting with officials at the legislature to arrange the provisions for Kwan's leave.

THE CANADIAN PRESS

A bus crashed through a warehouse wall after smashing into a number of cars in the parking lot of Walmart in East Vancouver on Monday.

SHANE MACKICHAN/FOR METRO

Bus crashes through a Walmart warehouse wall

Accident. The incident happened around 11 a.m. Monday morning near Grandview Highway and Skeena Street

Vancouver Police are still trying to figure out why a bus sped through a Walmart parking lot, crashed into several parked cars, through a hedge, down an embankment and finally blasted through a cinder block wall of a neighbouring warehouse.

The incident happened around 11 a.m. Monday morning near Grandview Highway and Skeena Street, and at this point police are still narrowing down what exactly occured.

"We're looking at a couple things," said VPD spokesperson Sgt. Randy Fincham. "One is if there were any mechanical defects in the vehicle, if there was an injury or some kind of incident that led to the driver acting this way, or if it could possibly just be driver error."

There were between five to six passengers on the bus at the time according to Fincham, and the driver was the only one who suffered any significant injury.

"Which is fortunate considering the damage in the parking lot," Fincham said. "The cars suffered extensive damage, and the bus blew through a cinder block wall."

The driver, whose description has not been released, went to hospital complaining of arm pain, Fincham added.

The passengers were all taken to hospital as well.

The bus itself was small and looked like a HandyDART vehicle, although Fincham said it appears to be run by a private company.

SAM SMITH/FOR METRO

RICK MERCER REPORT
Rick's in Vancouver training with the women's field hockey team as they prepare for this summer's Commonwealth Games.
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Art to create dialogue on foster care

The 19th Birthday Party is a media art installation at the Peter Wall Institute for Advanced Studies at UBC. KAYLA ISOMURA/FOR METRO

The 19th Birthday Party. Milestone is scary day for youth aged out of system

An art installation at UBC hopes to create solutions for teenagers who age out of foster care at 19.

The 19th Birthday Party is an ironic media-art installation that launched at the Peter Wall Institute for Advanced Studies on Monday.

Guests sit at a dinner table covered in flowers, party hats and confetti. Attached to each seat is a pair of headphones, and a glass placemat shows a video created by someone who has aged out of the system.

"This moment, the birthday party, which so often is accompanied by all this joy of adulthood, is very bittersweet and potentially scary and dark and lonely in the lives of all the youth who have experienced government care," said project co-director Patti Fraser.

"That is the juncture where there is no targeted support for them after."

The installation is made up of six videos focusing on different experiences about aging out of foster care.

Violet-Rose Pharoah, 35, aged out of the system 15 years ago and created a video called Empty Space(s), explaining how she felt after adjusting to the loss of support and stability from social workers and foster parents.

"When I aged out, all of that disappeared, so it felt like my life had become weighed and it was up to me to what I was going to do," she said. "I made a lot of mistakes, lots of learning curves and I can probably only say in the last five years I've been able to feel more secure in the choices that I'm making."

Pharoah would like to see the age of aging out of the system raised to anywhere between 21 and 24.

KAYLA ISOMURA/FOR METRO

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Local real estate bubble in no hurry to burst

The Conference Board of Canada says fears of the real estate market bursting its bubble in Vancouver are overblown.

The board's initial housing briefing, released Monday, shows that the sales-to-new-listings ratio rose sharply throughout 2013, with housing prices growing at an "unsustainable" rate.

But the chance of a market crash, and subsequent pricing correction, are slim.

Instead, the report suggests prices will continue to grow at a slower rate.

"The housing market may be undergoing a correction in some regions and market segments, but it is more likely to be a soft landing than a bubble bursting," said Robin Wiebe, senior economist for the Centre of Municipal Studies, in a statement.

The board's report says most of the housing bubble fears centre around the price of homes, while it believes comparing mortgage to rent payments are a better indicator of affordability.

"Mortgage costs, not just house prices, are the principal deciding factor for potential homebuyers," said Wiebe. "Mortgage rates are expected to rise this year, but not dramatically, because the Canadian economy remains in a slow-growth mode."

MATT KIELTYKA/METRO

Vancouver's housing market may be in for a correction, but the chances of a housing bubble bursting are slim, says the Conference Board of Canada. ERIC DREGER/THE CANADIAN PRESS

Society urges council to save West End heritage house

Legg Residence. People opposed to the demolition are asked to get in contact with councillors

EMILY JACKSON
emily.jackson@metronews.ca

The orange fencing surrounding one of the oldest mansions in the West End is a telltale sign the house could soon meet its demise.

But before the Gordon T. Legg Residence is reduced to rubble — the city confirmed Monday it expects to receive a demolition permit application for the site soon — the Vancouver Heritage Society will yet again try to convince council to save the Victorian-era estate built in 1899.

"We can't just sit back and let these houses be torn down without doing anything," the society's executive director Janet Leduc said, noting the mansion is an "A"-listed heritage building.

In 1989, city council passed a policy to stop demolition of "A" buildings.

And it's city council, not the developer, that will shoulder the loss of this heritage house.

In 2010, council rejected a proposal from Bing Thom Architects to build an 18-storey tower that would have saved the house and a beloved tulip tree that straddles the site and its neighbour.

The developer came back in 2011 with a new plan for an 18-storey building that would have retained the house but destroyed the tree. Council rejected the proposal after uproar over the tree.

So the developer filed a third proposal to build a 17-storey building, destroy the house and save the tree. It doesn't need council's approval for this development, as it fits under existing zoning requirements.

"It comes down to a tree versus a house," Leduc said. "Obviously trees are important.... To me it would be nice to save them both."

Leduc hopes council will halt development on the property in light of the Heritage Action Plan it passed last year and the moratorium it put on development at the Hollywood Theatre.

The society urges people to contact council to ask it to stop development until discussions can be had with the owner.

Council is on spring break and didn't respond to a request for comment on Monday.

The Legg Residence at 1245 Harwood St. in the West End. EMILY JACKSON/METRO

Dave Murray, a recovering heroin addict, is a plaintiff in a constitutional challenge against Ottawa. JENNIFER GAUTHIER/METRO FILE

Heroin treatment case hits B.C. court

It's a safe bet the legal battle over using heroin as a last-resort treatment for addiction won't be quick.

That leaves the fate of patients in the SALOME study, which used heroin to treat people with long-term addictions under Health Canada's Special Access Programme, in limbo as they can no longer access the treatment that helped them stabilize their lives.

The Pivot Legal Society and Providence Health Care will ask the B.C. Supreme Court to grant an injunction to let these patients access the treatment while the two organizations take the federal government to court over the issue.

Health Canada originally approved the applications to continue with the treatment before federal Health Minister Rona Ambrose prohibited future approvals in October 2013.

Pivot teamed up with Providence, which operated the study, to launch a constitutional challenge against the policy change, claiming it infringes on charter rights and could result in death.

It's the first time Providence has sued the federal government. Both Providence and Pivot argue the new policy appears to be based on political ideology, not science.

Heroin-assisted treatment is legal in the United Kingdom, Switzerland, Germany, Denmark and the Netherlands.

Lawyers will argue for the injunction on Tuesday, Wednesday and Thursday this week.

EMILY JACKSON/METRO

Health

Illegal dentists' equipment donated to charity

Equipment seized from three Lower Mainland dentists operating illegally from unsanitary home practices has been donated to dental clinics for low-income British Columbians, the College of Dental Surgeons of B.C. announced Monday.

Thousands of dollars' worth of equipment, including dental chairs, suction and surgical equipment, dental drills, root-canal material, impression material and trays will be sterilized before use, according to a statement from the college.

The seized dental equipment CONTRIBUTED

Items that are "not appropriate" for patients are being destroyed.

The college acquired the goods in 2013 from three men operating as dentists: David Wu of Burnaby, Hua Zheng Huang of East Vancouver and Vladimir Shapoval of Coquitlam.

The Abbotsford Food Bank Free Dental Clinic and the New Life Mission Dental Clinic in Kamloops, both of which offer free or low-cost dental services to low-income residents, received the equipment.

EMILY JACKSON/METRO

Crime

Man charged in dumpster fires

A man has been arrested and charged after allegedly setting seven dumpsters ablaze in the Granville Entertainment District shortly after midnight on Saturday.

Around 12:30 a.m., police responded to a fire in a dumpster on the 900 block of Granville Street near Nelson.

Police discovered six more fires over the next 40 minutes trailing south on Granville.

They eventually located a suspect in a laneway near Granville and Davie Street.

"Officers were acting on various pieces of evidence in video gathered as they attended to the fires," said Vancouver police Sgt. Randy Fincham.

"They were able to get a fairly comprehensive description of him, which led to him being found in the area."

Fincham said the fires were quickly extinguished before they could spread, causing no harm to adjacent properties or people in the area.

Medical staff are looking at the man's mental health. Fincham expects more charges to be laid against the suspect, who was expected to appear in provincial court on Monday morning.

Andrew John Kyle, 43, of Vancouver, has been charged with one count of arson and remains in custody.

KAYLA ISOMURA/FOR METRO

Fraser Valley

Measles outbreak contained, but vaccines still urged

The Fraser Health Authority's top doctor is continuing to urge vaccination after 228 cases of measles were confirmed in the eastern Fraser Valley.

Dr. Paul Van Buynder says many of the cases have been contained to the original community where the outbreak occurred, and efforts to isolate and contain the measles virus appear to be working.

THE CANADIAN PRESS

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Chicago. Train ends up on escalator after jumping tracks at O'Hare airport

An eight-car Chicago public-transit train jumped the tracks, skidded across a platform and scaled an escalator that leads to a busy U.S. airport early Monday, injuring 32 people.

Investigators had not drawn any conclusions into the cause of the derailment at the end of the Blue Line at O'Hare International Airport, but were looking into whether faulty brakes, signals or human error were factors, National Transportation Safety Board investigator Tim DePaepe said Monday.

The Chicago Transit Authority train operator, who was still hospitalized, will be interviewed, DePaepe said, and investigators will examine her routine over the last few days.

The timing of the crash — just before 3 a.m. Monday — helped avoid an enormous disaster, as the underground Blue Line station is usually packed with travellers coming to and from Chicago. No one suffered life-threatening injuries.

Denise Adams, a passenger on the train, described the impact to the Chicago Sun-Times.

"I heard a 'Boom!' and when I got off the train, the train was all the way up the escalator," she said. "It was a lot of panic."

Investigators will review video footage from a camera in the station and one that was mounted on the front of the train, DePaepe said. The train will remain at the scene until the NTSB has finished some of its investigation, after which crews will remove the train and fix the escalator that has "significant damage."

THE ASSOCIATED PRESS

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Ukrainian sailors meet their comrades in Donuzlav, Crimea, Monday. Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials in retaliation for Canadian sanctions over Russia's annexation of the Crimea region of Ukraine. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

13 Canadians banned from entering Russia

Crimean crisis. Move is in response to economic sanctions and travel bans on Russian officials, says Foreign Ministry

Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials, including House of Commons Speaker Andrew Scheer and government House leader Peter Van Loan, in retaliation for Canadian sanctions over Ukraine.

Russia's Foreign Ministry called the move a response to Canadian travel bans and economic sanctions imposed earlier on a number of Russian officials — "unacceptable action by the Canadian side that has inflicted serious damage to bilateral relations," the ministry said in a statement.

The move follows Canada's decision to act in unison with the U.S. to introduce sanctions targeting members of Russian President Vladimir Putin's entourage following Russia's annexation of Crimea.

Speaking from The Hague, where he is attending a nuclear security summit with Prime Minister Stephen Harper, Foreign Affairs Minister John Baird echoed Liberal MP Irwin Cotler in describing the sanctions as a "badge of honour."

"Any country who thinks that in the 21st century you can simply rewrite the borders of Europe is wrong, and it's of deep concern," Baird said.

"None of the people listed today are threatening the territorial integrity or sovereignty of the Russian Federation. I think it also says we've certainly got the attention of those in the Kremlin."

Russian retaliation was bound to come, said NDP Leader Tom Mulcair.

"It's a sign that we are heading into an era of much chillier relations, but it was predictable. And frankly, if that's the price to pay to start sending a message to Putin, so be it." THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

G8 on hold

Stephen Harper and his fellow G7 leaders say they are suspending their participation in the G8 until Russia "changes course."

- In a joint statement, the G7 nations say they will meet without Russia.
- The move is aimed at isolating Moscow as punishment for its annexation of the Crimean peninsula from Ukraine.

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Kony 2014

U.S. sends planes, troops to aid in hunt for warlord

The U.S. is sending military aircraft and more forces to assist in the hunt for fugitive African warlord Joseph Kony, more than doubling the number of American troops and airmen on the ground to 250.

The beefed up U.S. assistance could be "the decisive game changer" in the hunt for Kony, whose Lord's Resistance Army appears weaker than ever before amid growing defections and the loss of senior commanders, an expert said Monday.

THE ASSOCIATED PRESS

Malaysian Prime Minister Najib Razak speaks during a press conference about the missing Malaysia Airlines Flight MH370, in Kuala Lumpur, on Monday.

JOSHUA PAUL/THE ASSOCIATED PRESS

Flight 370 crashed, Malaysian PM says

No survivors. Satellite data indicates plane flew into remote waters of Indian Ocean

The missing Malaysia Airlines plane crashed into a remote corner of the Indian Ocean, the nation's prime minister said Monday night, citing a new analysis of satellite data. The statement was the first step toward resolving a two-week-old mystery that has consumed the world.

But with the location of Flight 370 itself still unknown — most likely somewhere at the bottom of the sea — questions remain about what brought down the aircraft and why.

Dressed in a black suit, Prime Minister Najib Razak announced the news in a brief statement to reporters, saying the information was based on an unprecedented study of data from a satellite that had received signals from the plane.

He said the data indicated that the Boeing 777, which took off from Kuala Lumpur for Beijing on March 8 with 239 passengers and crew, flew "to a remote location, far from any possible landing sites."

He gave no indication of exactly where in the Indian Ocean the plane was last heard from, or what the next step in finding it would be. The grueling hunt could take years, or the plane's main fuselage may never be found at all.

Search teams from 26 nations have pored over radar data and scoured a wide swath of Asia for weeks with advanced aircraft and ships in a deeply frustrating attempt find the plane.

On Monday, planes and ships from Australia to China were crisscrossing the southern part of the ocean after multiple satellites had detected objects that could have been possible remains of the lost airliner.

The search is now considered a race against time because of the battery life of the "pinger" in the plane's black box, which may run out in the next two weeks.

THE ASSOCIATED PRESS

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Lulu
I'm influenced because I used to work for the company and am aware of how to care for and wash the clothes. I choose them because of the quality.
— Rosanna Araujo, 30, yoga instructor-in-training, in head-to-toe Lululemon.
Lolë
Influences: Comfort, ethical practices, durability/quality, style, price.
— Sarah Moore, 34, yoga instructor, in Lolë* top and Moving Comfort bottom.
*Gets a staff discount at Lolë.
Used
I do advise that in these deeply consumeristic times we remember this cautionary thought: 'I say beware of all enterprises that require new clothes, and not rather a new wearer of clothes (Henry David Thoreau).'
Cailin Bator, 28, yoga teacher, in head-to-toe second-hand clothes.
Lululemon
In my clothing I want to feel comfortable, confident and supported. My choices are based on these requirements.
— Hana Lukac, 30, Mula Yoga owner/yoga teacher, in head-to-toe Lululemon*.
*She is a Lululemon ambassador
Tonic
If I'm planning to get hot and sweaty, Karma Wear and Tonic are my definite faves! They're both Canadian-made, and that's a big factor in why I support them.
— Amanda Montgomery, 36, Moksha yoga teacher and birth doula, in Tonic top and bottom, and H&M leg warmers.
Roots
I range from $5 brands, to Roots and Lululemon; Influences: Fabric (I'm on the lookout for natural fibres like cotton and bamboo).
— Judy Trinh, 28, holistic nutritionist/yoga instructor/dental receptionist in Roots top and Under Armour pants.
Nike
I usually wear Lululemon (I am a former employee of Lulu) or Nike. I like clothing that is fitted but comfortable, breathable, Dri-Fit, and moves with my body.
— Farley Tarn, 31, visual merchandiser/marketing/film and photographer/massage therapist/yoga teacher-in-training, in Nike top and old shorts (brand unknown).

Yogis pose at Mula Yoga in Toronto at 80 Mitchell Ave. in their typical practice gear. DAVE STARRETT/FOR METRO

Can they make Lululemonade?

ivivva athletica

Mini yogis = big bucks

Like mother, like daughter? Lululemon has bet that's the case.

The company launched three test ivivva athletica stores exclusively selling workout clothes for girls aged six to 12 in 2009 in Western Canada.

There are now more than 30 ivivva stores and showrooms sprinkled across North America.

"In B.C. ivivva is huge right now," says Susie Wall, a Vancouver-based TV style expert and mother of two young girls.

While some yogi yummy mummies in Lululemon's hometown have moved on to hipper brands, girls are begging those moms to take them to ivivva, says the fashion guru in a phone interview from Whistler, B.C.

Shelling out $62 for Perfect Your Alignment Pants for your perfect princess may seem ridiculous, but many other brands such as Nike and Under Armour also sell children's workout wear.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Hot yoga market.

Retail company looks to recover from last year's sheer madness as others set their intention to get in on the profit

MELISSA DUNNE
melissa.dunne@metronews.ca

"Life is full of setbacks. Success is determined by how you handle setbacks" reads part of Lululemon's manifesto on one of its classic bright-red bags.

Lululemon Athletica Inc.'s leadership has certainly had some setbacks this year.

A recall of sheer pants last spring set off a streak of bad karma the Vancouver yoga-cum-athletic-wear empire has yet to shake. How it continues to handle setbacks will determine the future success of the leader in the increasingly crowded yoga-wear space.

The specialty shop's stock is stuck in downward dog, closing at $49.32 US Monday — down from its June high of $82.50 US.

Lululemon will announce its full fiscal 2013 results Thursday, but it's already downgraded its expected 2013 fourth-quarter earnings due to customer traffic and sales dropping "meaningfully."

The company declined to comment for this story.

Retail analysts are divided on whether the premium-priced workout brand can fight off a long line of big retailers and niche brands looking for a piece of the yogi pie.

Back in the halcyon days of 1998 when Chip Wilson opened a single design/yoga studio in the yuppie Vancouver enclave of Kitsilano, he had no real rivals.

The branding genius basically created a new category.

Women in droves traded their saggy sweatpants for tight stretch-pants emblazoned with a stylized "A" logo.

Lululemon now has almost 250 stores, mainly in North America and Australia, plus showrooms in select global cities. Making pricey pants that flatter bottoms has been very good for Lululemon's bottom line. Its net revenue for the fiscal 2012 year was $1.4 billion US. Despite the success, the brash founder stepped down as chairman last year after seemingly blaming women's thighs for pilling pants. New Lululemon CEO Laurent Potdevin, from feel-good brand TOMS Shoes, is tasked with turning the ship around.

Alan Middleton, a marketing professor at York University, believes the veteran retailer can fight off attacks from the likes of the savvy Joe Mimran, who's hocking $16 Cropped Yoga Pants through his discount Joe Fresh line.

"(Lululemon has) got to market how they're different — emphasizing things like sweat management, stretchability and technology," he says in a phone interview from Toronto. "Joe Fresh will eat into their business if people see no difference between the products."

At first glance, workout wear hanging at Joe Fresh, Gap and H&M could be mistaken for Lululemon. One unmistakable difference is the much lower price-tags. And with 1.4 million Canadians practising yoga, according to Statistics Canada, (and scores more who just want to look like it) clothiers, high and low, now follow the mantra: Yoga equals money.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went wild recently for Nike's Studio Wrap shoe for yoga, dance and barre and the Nike Tight of the Moment-Sparkling Sunburst will hit the racks at high-end retailer Holt Renfrew later this week. Nike's fiscal 2013 revenues were $25.3 billion US, up eight per cent.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

In a move lauded by analysts the Canadian company aims to have standalone stores just for guys by 2016.

But, Farley Tarn, a 31-year-old Torontonian who worked as a Lululemon educator this holiday season and is training to become a yoga instructor, says getting men to buy a brand mainly associated with women is tough.

"It's kind of a hard sell," says Tarn. "But once you get men to try the clothes on they are hooked because the quality is there."

The high-end label is able to charge $82 and up for women's pants made of its Luon nylon-and-lycra blend fabric because devotees believe in the quality.

But the online retail shop shows there are still some kinks to work out. Of the most recent 20 reviews for the Wunder Under Pant (now in Full-On Luon) at lululemon.com, there are four five-star reviews, but 15 reviews complain of quality issues from sheerness to pilling, with some even adding a " :(" to show their unhappiness.

The cult brand's new CEO will have to find a way to turn those emoticons right-side round if the Canadian success story is to have a happy ending.

Competition

'Same DNA'

Some yogis do not take kindly to international clothing conglomerates like Nike, leading homegrown brands, from Canuck clothier Roots to B.C.'s Tonic, to open a Canadian front in the battle over yoga wear.

Lately Lolë is hot among active women, offering a French twist on yoga wear — namely more restrained colours and cuts.

"For sure we're competitors (with Lululemon), but we're building a category together," says Lolë's CEO Bernard Mariette in a phone interview from Montreal. "It's like we're sisters and brothers, we have the same DNA."

Started in 2002 in Montreal, there are now 27 Lolë Atelier's worldwide. Lolë will expand west and will stretch into men's wear soon.

A different kind of branding

- **Lululemon doesn't pay big bucks to have big celebrities endorse their latest Power Y Tank.** Instead, it recruits "local athletes, instructors and role models" to promote the brand as unpaid "ambassadors." It's a simple, symbiotic relationship that has been key to its success.
- **Ambassadors get free clothes, plus free promotion in-store and online.** The model has been such a hit that other brands, such as rival Lolë, now have similar programs.
- **Lululemon also offers free yoga classes.** Held twice a week at their stores, anyone can join.

Anti-oil pipeline campaign launched 25 years after spill

Exxon Valdez. Oil tanker opponents want to prevent another disaster like the 1989 spill

Opponents of oil tankers off the British Columbia coast marked the 25th anniversary of the Exxon Valdez oil spill on Monday by launching a renewed campaign against two proposed oil pipeline projects through the province.

Coastal First Nations, a coalition of aboriginal communities, are asking residents to support a ban on oil tankers in their traditional territories, saying Alaska still has not recovered from the effects of the 1989 tanker spill.

The Gitxaala, an aboriginal community occupying islands between Prince Rupert and Haida Gwaii, will make much the same argument to a federal government delegation next week.

"When I watched the news coverage, what did I see?" said Elmer Moody, a hereditary chief with the Gitxaala.

"I saw wildlife covered in oil. I saw oil covering the beaches. When you see that kind of destruction, you have to come to an understanding that it's going to have an effect on people. We could no longer rely on the resources that we have for thousands of years."

The Exxon Valdez ran aground in the early morning of March 24, 1989, dumping 257,000 barrels, or 35,000 metric tonnes, into the waters of Prince William Sound, off the Alaska coast.

The Exxon Valdez Oil Spill Trustee Council estimates 250,000 seabirds, 2,800 sea otters, 300 harbour seals, 250 bald eagles and up to 22 killer whales died.

The company has said it spent about $2.1 billion US on the cleanup effort, which recovered only about 15 per cent of the oil.

Calgary-based Enbridge's Northern Gateway to Kitimat and Texas-based Kinder Morgan's proposed expansion of its existing Trans Mountain pipeline into the Vancouver area would see more than 600 oil tankers a year plying the B.C. coast.

A federal review panel has recommended approval of the Northern Gateway project after finding that a large oil spill would not cause permanent damage.

A decision is expected from the federal government in June.

THE CANADIAN PRESS

Vying to be king atop the Toilet 2.0 throne

An exhibitor from Loughborough University demonstrates the use of a toilet during Reinvent the Toilet Fair in New Delhi, India, on Friday. Scientists who accepted the Bill & Melinda Gates Foundation's challenge to reinvent the toilet showcased their inventions in the Indian capital Saturday. The primary goal: to sanitize waste, use minimal water or electricity, and produce a usable product at low cost. India is by far the worst culprit, with more than 640 million people defecating in the open and producing a stunning 72,000 tons of human waste each day — the equivalent weight of almost 10 Eiffel Towers or 1,800 humpback whales. TSERING TOPGYAL/THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.33¢ (+0.12¢)

TSX 14,278.55 (-57.21)

OIL $99.60 (+$0.14)

GOLD $1,311.20 (-$24.80)

Natural gas: $4.29 US (-$0.02)
Dow Jones: 16,276.69 (-26.08)

Mobile-game maker

How sweet will Candy Crush co.'s NYSE debut be?

King Digital, the company behind Candy Crush Saga, is set to make its debut on the New York Stock Exchange this week. THE ASSOCIATED PRESS

Going to Main Street–Science World Station?

Station Upgrades

Look for the two-car Train2Main that gets you to the station while it gets an upgrade.

Starting March 30, 2014 all regular four-car trains on the Expo and Millennium Lines will operate normally, but will not stop at **Main Street–Science World Station.**

Look for the two-car Train2Main. This service will run every 10-12 minutes and is only available from: **Waterfront, Burrard, Granville, Stadium–Chinatown,** and **Commercial–Broadway Stations.**

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SHE SAYS

Jessica Napier
metronews.ca

North Americans have an insatiable appetite for innovative gadgets — we're obsessed with high-tech tablets, smart televisions and biometric fitness bands — but when's the last time you heard anyone rave about their new microwave?

In a design-focused age of sleek champagne-coloured cellphones and wearable technologies, the boxy countertop oven seems positively archaic. While 90 per cent of U.S. households still own a microwave, the kitchen staple hasn't exactly advanced all that much in terms of design or functionality, which means there's no need to replace them with any sort of frequency. In fact, microwave sales have steadily fallen or stagnated every year for a decade — plummeting a whopping 40 per cent since their peak in 2004, according to a new consumer report from Quartz.

In addition to its durability and unimaginative design, part of the appliance's low sales numbers have to do with lifestyle. Our eating habits are changing; consumers are increasingly interested in cooking freshly prepared meals rather than nuking frozen dinners — which contain about as much nutritional value as a couch cushion.

Cooking with an actual oven is generally healthier, the food tastes better, and there's none of that electromagnetic radiation to worry about.

I've been on the microwave-free bandwagon since my boyfriend broke ours back in 2010 (he would insist that I was the one who broke it, but since he doesn't have a newspaper column, you're going to have to believe me on this one). Since both of us refused to accept responsibility for the busted appliance and purchase a new one, we've simply learned to live without it.

I miss my old countertop microwave approximately twice a month, usually when I'm desperately hungry and trying to heat up leftovers ASAP or when I'm craving popcorn.

However, most of the time I feel liberated by my decision to live without a microwave. I will preach the lifestyle to anyone who will listen.

Not only will giving up your microwave force you to think more consciously about the food you eat, but retiring this bulky device means you'll be able to reclaim a large amount of valuable counter space, which, let's face it, is at a premium in most kitchens.

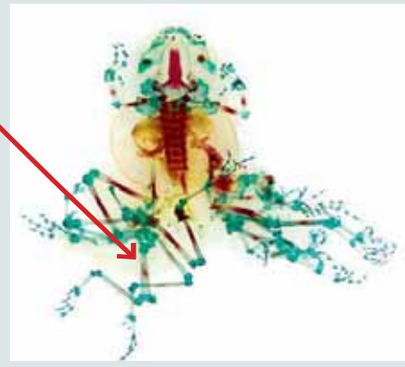
There's no denying the speed and convenience of a microwave — I often curse my preheating oven while I wait for it to climb to 375 F — but some things are more important than eating quickly. Living without one just takes a little patience and planning and yes maybe some extra time to wash the dishes. But trust me, once you broil your first slice of leftover pizza you'll never look back.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will leave a frog in your throat

For American artist and biologist Brandon Ballengée, deformed frogs are a source of both scientific wonder and artistic vision. Ballengée literally highlighted his research on abnormalities in amphibians by injecting specimens with coloured dyes, before using a high-resolution scanner to create a surreal photographic record. METRO



COURTESY BRANDON BALLENGÉE

Q & A

Art invokes empathy

BRANDON BALLENGÉE
Artist/biologist, 39, based in New York and Montreal

What kind of deformities do these frogs have?
The most common ones are shortened hind limbs. Extra limbs are found less often but may be increasing. These abnormalities are most likely caused by predatory injury or parasitic infection while the frogs were still tadpoles. Predators and parasites are natural, but environmental degradation appears to be increasing this phenomena.

What reaction do you hope to get from your images?
In the artworks, the frogs are scaled to the size of a human child. The idea is to invoke empathy, not fear. If they're too large they become monsters, too small we can too easily psychologically differentiate ourselves from them.

What do your photos say about seeing the magnificent in the monstrous?
The specimen preparation does allow for a level of abstraction, while at the same time revealing the complex architecture of these terrible abnormalities.

This push and pull is important to bring people in close to the art — for a one-on-one experience with an organism they may have had a part in creating.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Wondering what's up with the influx of #nomakeupselfies flooding your social media streams? From Beyoncé to Jessica Alba, people are posting their bare faces after Laura Lippman started the trend to defend actress Kim Novak, who was kind of pummelled online for her Oscar look. Inexplicably, the hashtag became linked to raising awareness for cancer and has since raised $3.7 million for Cancer Research UK through online and texted donations. But just because Beyoncé wants to go bare for the campaign doesn't mean you have to. Here are a few other ways to digitally donate.

CONTRIBUTED

#manupandmakeup:
A spinoff of the #nomakeupselfie, the campaign asks men to throw on some lipstick and liner (guyliner if you prefer) and post to social media while donating to Prostate Cancer UK.

Charity Miles:
Donate to charities as you exercise. The app links runners, walkers and bikers with corporations looking to do some charity work.

For every mile you run, the organization donates to a charity of your choice. While $0.25 per mile may not seem like much, for the average marathoner it works out to more than $500 per year. On Android and iOS.

One Today:
The Google app introduces you to a new charity every day. If you're down with their modus operandi, click donate and give just $1 to the organization. On Android and iOS.

Twitter

@metropicks asked: The no makeup selfie is the latest breast cancer awareness trend. Is it effective at raising awareness?

@mtnbvan: No makeup for a day is trivial & doesn't spread breast cancer awareness. Not even close. #LocksofLove yes

@BrillComm: Great to raise awareness, but when putting your digital brand behind a cause important to know the origin & goal

@laurahubb: I don't think it's effective: I did the selfie, and half my FB has. No where did I see it was for breast cancer. Someone. obv omitted down the lines, it kept going. Sad, because doing it for breast cancer would be great.

Follow @metropicks and take part in our daily poll.

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YOU'VE COME TO

10 STEPS TO HOME OWNERSHIP:

A guide to buying your own place.

Buying a home is one of life's biggest achievements. And one of its biggest investments. It can also be one of the most exciting and satisfying events of your life, if you work with the right experts. Here are a few things you need to consider before you walk into your new home:

1

Affordability

While buying a home can be a big investment, you might be surprised by how affordable it can be when you have the right mortgage. Some important considerations are family income, monthly payments, interest rates, property taxes, maintenance fees and closing costs. Talking to a mortgage specialist is a great first step in determining how much you can afford.

2

The down payment

While making a down payment can sound intimidating, the truth is you can pay as little as 5% of your purchase price as down payment with the purchase of mortgage default insurance. It's also important to note that a bigger down payment generally means lower mortgage payments and lower interest costs over the life of the mortgage.

3

Getting pre-approved for a mortgage

A pre-approval helps you understand how much you can afford and gives you the confidence to act quickly and make an offer when you find the right home. Also, the rate you are offered is guaranteed for up to 90 days, giving you time to find that perfect home. Visit bmo.com/preapproval to start your mortgage pre-approval today.

4

Making "The List"

Making a checklist of everything you're looking for in your ideal home will help you get what you want when you are looking for your new place. Keep in mind factors like your budget, lifestyle, distance from work and, of course, what kind of home you're looking for – a condo, townhome, semi-detached or detached home. A Home Comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you manage your search.

5

Choosing a real estate agent

There are many advantages to using a professional real estate agent, and family, friends or neighbours are a good resource for referrals. Real estate agents have the inside track on new listings, can help you narrow down your search, will prepare the Offer to Purchase and other key documentation and will negotiate the price on your behalf.

6

Find the right professionals

Nobody ever reads the fine print. Except maybe a lawyer or notary. So you'll need a qualified one who can make sure all your documents are in order and are explained to you. The earlier you find one, the better. Equally important is the home inspector. Once he or she gives you the thumbs-up, you can be confident that the home you picked is just the way you expect it to be, inside and out.

7

Making the offer

So you've found the perfect home at the perfect price. Now you want to make an offer. Your real estate agent will draft an Offer to Purchase and your lawyer needs to review it to make sure the offer price, closing date and what's included, such as appliances and fixtures, etc. are what you expect. You can also include your own conditions like home inspection and financing guarantees. Once the offer is accepted, you are one step closer to being a new home owner.

8

Arranging for a mortgage

Once the seller says "yes" to your offer, get in touch with your mortgage representative and they will help you finalize your mortgage options such as fixed vs. variable rates, open vs. closed term, amortization and payment schedules.

9

You've got a mortgage. Now protect it.

With mortgage insurance like BMO Mortgage Protection, you can protect your family and assets in case the unexpected happens, such as a disability or involuntary job loss, critical illness or death. In other words, it gives you peace of mind that you're protected when life throws you a curveball.

10

Completing the transaction and getting the keys to your new home

Once your mortgage lender and your lawyer go through the details with a fine-tooth comb, you'll sign the mortgage documents, make the rest of the down payment and cover the closing costs. On closing day, all you'll have to do is collect your keys and step into that home you've been dreaming about.

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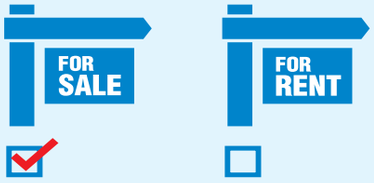
THE RIGHT PAGE.

6 POINTS TO CONSIDER WHEN BUYING A HOME

1 SHOULD I BUY OR RENT?



Buying your first home can be very exciting, but home ownership may not be right for everyone. Take a look at your lifestyle, financial situation and money management skills before jumping in. Download a budget worksheet to help you get started at bmo.com/homebuyersguide

2 HOW MUCH WOULD I NEED FOR A DOWN PAYMENT?

While a down payment of 20% of the purchase price is always recommended, you can actually put down as little as 5%. But remember, the more you put down, the less you'll need to borrow, and if your down payment is less than 20%, you will require mortgage default insurance.

3 HOW DO I SAVE FOR A DOWN PAYMENT?

Here are some simple ideas to help you save for your down payment:

- Set up a Continuous Savings Plan and set aside $100 every week. That adds up to $5,200 at the end of the year.
- Take advantage of the CRA's Home Buyers' Plan. First-time home buyers can withdraw up to $25,000 tax-free from their RRSPs[1].
- Put your change in a jar at the end of each day and then deposit it into a savings account every 6 months. BMO offers Coin Counters in select branches that are free[2] with deposits of $250 or less.

[1]The withdrawal is paid back in equal installments over 15 years, beginning the second year after the withdrawal. For full details of the Home Buyers Plan including repayment terms, visit Canada Revenue Agency's website at cra-arc.gc.ca [2]A fee of 8% is applied to the entire transaction for amounts greater than $250 deposited into the Coin Counter.

4 WHERE DO I BEGIN?

Making a checklist of everything you're looking for in your ideal home is a great way to ensure that you get what you want. A home comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you with your home search.

5 DO I NEED HOME INSURANCE?

Home insurance is a great backup plan to make sure life's curveballs don't leave you financially vulnerable.

6 SHOULD I GET PRE-APPROVED?

Definitely. A mortgage pre-approval tells you how much you can afford and gives you the confidence to act quickly and make an offer when you find your dream home.

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A step-by-step guide to buying your first home.
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Making money make sense®

DVD review

The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio, Matthew McConaughey

If you're down with a character arc that's as short as a crack pipe and equally resistant to temperance, then Martin Scorsese's latest picture The Wolf of Wall Street is your chance to howl.

For the first third of its wildly overlong three hours, Scorsese's film fairly bowls you over with its wild-eyed depiction of Wall Street as Animal House, with excesses of the late 1980s through 1990s that included everything from dwarf tossing to cocaine inhaling to hooker procuring. It's based on the memoirs of real-life stock scammer Jordan Belfort.

We view these antics through the wandering eyes of the title character, played with gusto by Leonardo DiCaprio (his best role yet), ably assisted by Matthew McConaughey, Jonah Hill, Jean Dujardin and Kyle Chandler.

Scorsese really loves the company of men, but they all find some distaff competition from Margot Robbie's Naomi, the model/mistress and later Belmont spouse who is anything but a Little Bo Peep.

Extras include a making-of featurette. **PETER HOWELL**

Scarlett's wily Widow a 'reluctant superhero'

Third time plucky. Avenger role takes on new depth in latest Captain America

NED EHRBAR
Metro World News in Hollywood

Scarlett Johansson JACQUES BRINON/THE ASSOCIATED PRESS

Captain America: The Winter Soldier is obviously a Captain America (Chris Evans) movie, but just as important is Scarlett Johansson's portrayal of Natasha Romanov, code name: The Black Widow. The film marks her third appearance as the sole female Avenger, giving Johansson the chance to inhabit a character in a way she has rarely over her 20-year career.

"It's an interesting challenge to keep coming back to this character," Johansson says. "We saw a little bit of her in Avengers, and we saw a little bit of her backstory — we'll see more of that in Avengers 2. But in this film, we really get to see Natasha as a person who gets up, gets ready for work in the morning, has a life outside of her job once she's out of the suit. She's a woman and she has her own reality outside of this. Who knows how far that stretches."

She's also not as clear-cut a good guy as Evan's Captain America. "Natasha is a bit of a reluctant superhero. She doesn't necessarily have this strong, golden moral compass. Let's not forget, she started out her career essentially as a mercenary. I don't know if that makes her role model material," Johansson says, though she does admit those grey areas make the job that much more interesting.

Black Widow not as clear cut a good guy as Captain America

"She doesn't necessarily have this strong, golden moral compass ... she started out her career essentially as a mercenary. I don't know if that makes her role model material."
Scarlett Johansson

"One of the things that's attractive to me about the character is that she uses her feminine wiles as part of her job, but she doesn't rely on her sexuality or physical appeal to get the job done," she says. "She's extremely smart. She thinks on her feet. She's a leader. And she has a lot of foresight. Those are qualities that I think are wonderful to celebrate for young women. And of course, it's really rad for me to have my friends' kids kind of look up to that character, and dress up as her for Halloween, and play with the boys and be rough. I always say, 'The Widow always wins.' And it's true. And that's a nice sentiment."

That getting rough can take its toll, though. "I'm going to be in physical therapy for the rest of my life," she jokes. But in all seriousness, Johansson was better prepared for this round of Marvel action than the previous two. "I'd just come off of doing a Broadway run, which is pretty much the most physically demanding thing you can do. I felt like if anything was going to prepare my stamina, it was that. So everything seemed like a piece of cake after treading the boards for that long. And I think I was in pretty solid shape from that run. And then just maintaining it, [which is] boring. Get up at five, go to the gym. You know, that stuff, that's horrible."

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Aniston's fiancé always Justin time to bum skin creams

Jennifer Aniston is learning the hard way that sharing your life with someone sometimes means sharing your beauty products, too. The former Friends star admits to E! Online that fiancé Justin Theroux has a tendency to sample her skincare products. "It's hysterical. What product doesn't he try to hijack?" she says. "He's good to his skin, that's for sure. It's always, 'What are you using, what is that?' It's cute."

Jennifer Aniston GETTY IMAGES

Kanye, Kim and North in April's issue of Vogue. SCREENGRAB

On reflection, we're all sure you're a vampire ... fangs for scaring us, Kanye!

Is Kanye West a vampire? The Twitterverse certainly thinks so. BuzzFeed editor Katherine Miller was one of the first to notice that a photo from Vogue's spread on West, Kim Kardashian and baby North seemed to show that the rapper has no reflection. In the photo, Kardashian and her baby are standing in front of a mirror taking a selfie with her iPhone. West stands in front of them, taking another photo of the pair with his iPad. The problem is, the entire family seems to vanish in the mirror.

It's plausible that Kardashian is blocking her own reflection, but then what happened to West, and what's more, the photographer? Moreover, as many eagle-eyed commenters on Jezebel pointed out, the photo on West's iPad doesn't even match the angle from where he's standing, and it's unlikely the photo of the screen would be that sharp. It's clear that there has been some heavy photo-editing on the photo, which led a few users on Twitter to make their own amendments.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kunis and Kutcher's big year just got bigger with baby news

MELINDA TAUB
Metro World News

Mila Kunis has a heck of an engagement present for her new fiancé, Ashton Kutcher: She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby. "This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were worried that the child might be born to an inflexible mother, worry no more — Kunis has recently been spotted attending prenatal yoga classes.

Kutcher has been doing his part to prepare for the happy event, too. A source says he's comparing fatherhood tips with Danny Masterson, who co-starred with them on That '70s Show. Masterson welcomed a baby girl in February with his wife Bijou Phillips.

This has been a big year so far for the former sitcom costars. News of their engagement broke in February, when Kunis was spotted sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012.

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LIFE

An 'F-You' you'll want to hear

Forgiveness. What does it look like? The founder of the Forgiveness Project answers that question, and more

IZABELA SZYDLO
life@metronews.ca

Tara Muldoon wears her heart on her sleeve — literally. A tattoo on her forearm reads, "Forgive me forgive you". For someone who teaches emotional healing for a living, it's a fitting reminder.

Muldoon is the founder of F-You: The Forgiveness Project — a Toronto-based social initiative of panel discussions featuring speakers who have gone from victim to survivor, and found forgiveness in the process. Since 2010, Muldoon has helped thousands of people embrace the healing process. "At the Project, we ask, 'What would it look like if you were to forgive yourself or another today?' I have not met a person yet who regrets forgiving."

Having launched F-You after she was raped, Muldoon says there's no "one size fits all" method to forgiveness, but there are common steps to follow. "The anatomy of forgiveness involves going through that time of anger and mourning, then trying to understand the situation, and having compassion for the person and yourself," she says. "When I'm ready, I ask myself, 'what was their intention? What were they going through?' That makes them a person instead of a label like my best friend or my dad. The other person has a story, too."

In her experiences, Muldoon finds people have a difficult time forgiving because it is perceived as accepting the other person's actions. "Forgiveness isn't to say that person was right but that you're stronger," she explains. "I really want to challenge the belief that to forgive is to accept the action."

A growing body of research is finding health benefits to forgiveness. A study by the Mayo Clinic shows holding a grudge may have an affect on our cardiovascular and nervous systems. In one study, people who focused on a grudge had elevated blood pressure and heart rates, increased muscle tension and feelings of being less in control. When asked to imagine forgiving the person who hurt them, participants said they felt more positive and relaxed and the physical symptoms dissipated.

And what if you're the perpetrator wanting to apologize? "Don't say sorry unless you're truly in a place to do it," Muldoon says. "I don't think there's a lot more that's damaging than apologizing to someone only for it to go backwards. We want to value and honour our relationships, so don't do that same thing you apologized for a second time."

With Muldoon's second collection of stories on forgiveness in the works (the first was released last summer), and hopes for a cross-Canada tour, she's working hard to spread F-You's message.

"Knowing I help to heal people gives purpose to the rape and pain I felt," says Muldoon. "You're the one drinking the poison when you're angry. When you realize that hurt people hurt people, everything changes."

Forgiveness times four

Muldoon breaks down four types of forgiveness that are dealt with at F-You.

- **Forgiving yourself.** "This is making sure you do what you need to remove guilt that affects your decisions and actions."
- **Forgiving another person.** "Remove the labels from relationships, understand people are human and bad stuff happens, but you have a life to live."
- **Spiritual-based forgiveness.** "Those who are spiritual will ask whatever we believe in for forgiveness and unless we see a huge sign, we don't accept that. If your apology is genuine, it is enough."
- **Being forgiven by another person.** "Make sure what you think of yourself doesn't depend on that person. If they need their time, that's fine, but you have to work with that and move on."

Tara Muldoon is the founder of F-You: The Forgiveness Project. PAVEL KOUNINE

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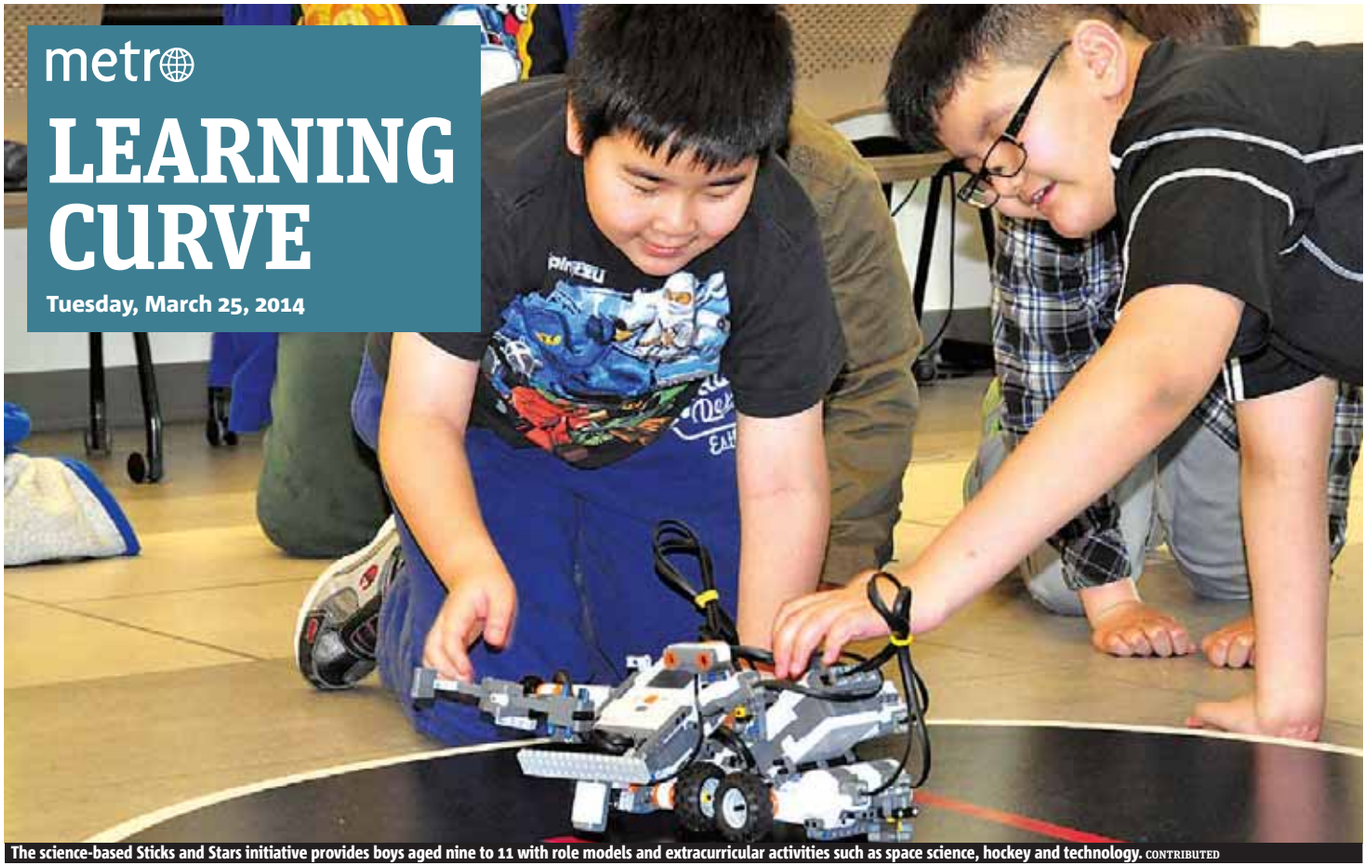

The science-based Sticks and Stars initiative provides boys aged nine to 11 with role models and extracurricular activities such as space science, hockey and technology. CONTRIBUTED

Sticks and Stars is natural fit for SFU

DANIEL HENDRIKSEN
For Metro

A group of lucky Surrey elementary students is getting the chance to learn about technology this spring. Simon Fraser University (SFU) has partnered with the Surrey School District and HR MacMillan Space Centre to offer classroom activities in the areas of engineering, computing and science.

The science-based activities are part of the Surrey School District's after-school Sticks and Stars program, which provides at-risk boys aged nine to 11 with role models and extracurricular activities such as space science, hockey and technology.

SFU has been part of the Sticks and Stars initiative for the past three years, and this year the boys were even able to visit the school's Surrey campus. They participated in Lego robot building, programming and Lego sumo battles led by SFU undergraduate students and faculty members.

"Sticks and Stars is proving to be a very successful after-school program, developed by our district to provide young, at-risk boys a fun way to be introduced to and absorbed in science-related topics and activities," Surrey Board of Education chair Shawn Wilson said in a press release. "It's fantastic to have partners like SFU and the HR MacMillan Space Centre on board to expand these learning opportunities and reach out to girls as well."

As many as 12 in-class sessions have been planned at several schools for this spring. The children will learn about how science and technology can be applied in their everyday lives. The SFU student leaders are being trained on curriculum delivery from the HR MacMillan Space Centre, and SFU chemistry instructor Sophie Lavieri will also lead some of the general science sessions.

"Engaging with schools in our community to help excite young students about their education is a natural fit for SFU," said Steve Dooley, executive director at SFU's Surrey campus. "We're excited to be partners in this program and to see this initiative take off with the new in-classroom component delivered by young, well-trained SFU students as the outreach grows."

Okanagan, UFV sign partnership agreement

The University of the Fraser Valley (UFV) has signed a new partnership with Okanagan College. UFV president and vice-chancellor Dr. Mark Evered met with Okanagan College president Jim Hamilton in Salmon Arm earlier this month to sign a memorandum of understanding (MOU).

The agreement will see the two schools collaborate and work together to capitalize on resources, planning, sharing ideas and promote learning opportunities. They will also partner on opportunities associated with UFV's new British Columbia Agriculture Centre of Excellence, which is being built in Chilliwack.

UFV is located in the communities of Abbotsford, Chilliwack, Mission, Hope and Agassiz, while Okanagan College has campuses in Revelstoke, Salmon Arm, Vernon, Kelowna, Summerland, Penticton and Oliver. Between them, the two institutions educate more than 35,000 students each year.

The latest buzz about bees at Douglas

Douglas College has announced a new research project that will study the activity of bees and other pollinators in home and community gardens. The school plans on unveiling the initiative Saturday at a free public event during the third annual UNIBUG (User Network for Insect Biology in the Urban Garden) forum.

Rob McGregor, executive director of the Institute of Urban Ecology at Douglas College, spoke in a press release about what they hope to get out of the project.

"We're eager to expand our research activities to look at the important issue of native pollinators in the urban garden," McGregor said. "Pollination is an essential part of agriculture and gardening since it allows plants to reproduce. Through this research we want to learn more about what's going on in local backyards and community gardens."

The study will see volunteers from the community work with the Douglas UNIBUG project by setting small bee houses in their gardens to attract the insects. They will then periodically check the bee activity throughout the spring, summer and fall with the hopes of gaining a better understanding about wild pollinator populations in the region.

The forum takes place Saturday from 10 a.m. to noon in Room 2201 at the Douglas College New Westminster campus. For more information about the Institute of Urban Ecology or the UNIBUG project, visit douglascollege.ca/visitors/urban-ecology.

DANIEL HENDRIKSEN

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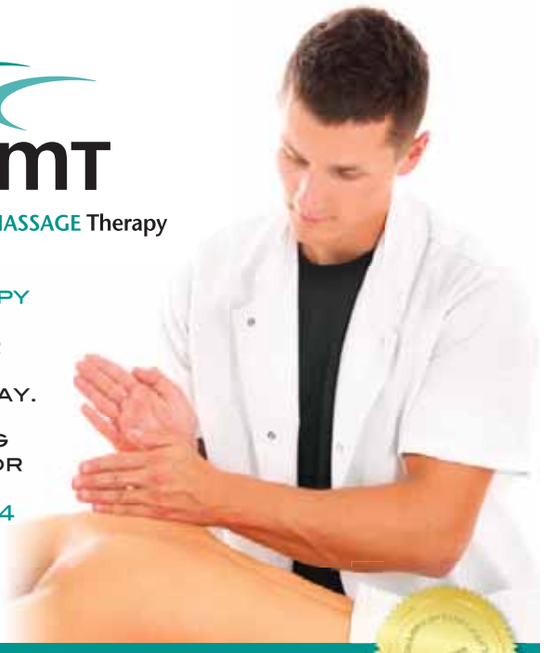

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The Langara College Falcons men's basketball team celebrates its recent Canadian Collegiate Athletic Association national championship following an 88-86 victory over the Red Deer College Kings. CCAA/VANCOUVER SPORTS PICTURES

Langara. Hoop dreams fulfilled

DANIEL HENDRIKSEN
For Metro

For the first time since 1999, the Langara College Falcons men's basketball team won the Canadian Collegiate Athletic Association (CCAA) national championship.

The Falcons edged the Red Deer College Kings 88-86 in the championship game on the strength of excellent performances from guard Brody Greig, and forwards Jitinder Lohcham and Elliot Mason. Greig led Langara with 24 points, 10 assists, and nine rebounds in the final and was named tournament MVP. Lohcham and Mason added 20 points 17 points, respectively.

"After that huge semifinal win we just knew we were destined to win," Lohcham said in a press release. "Saturday during the final we played Langara basketball and survived a scorching hot Lloyd Strickland from Red Deer and pulled out the 'W' for the gold medal. By far one of the best moments of my life. What can I say? It feels unbelievable to finally have reached our goal that we set three years ago when all of us came together and decided to play together. All the years of extra work, sacrifices, and commitment to each other paid off as we can finally say we are national champions."

Langara advanced to the final with a 103-102 semifinal triumph over the Vanier College Cheetahs. The Falcons trailed the contest by 10 points with less than two minutes to play, but thanks to some clutch three-pointers from Mason, they were able to come back and win in overtime.

David Aisenstat. CONTRIBUTED

KPU announces honorary degree for Keg CEO

Thanks to David Aisenstat's philanthropic efforts, the president and CEO of The Keg Steakhouse and Bar will be presented with an honorary doctor of laws degree from Kwantlen Polytechnic University (KPU) at the school's upcoming spring convocation.

In 2001, Aisenstat created The Keg Spirit Foundation to coincide with the Keg's 30th anniversary. The foundation is designed to assist charitable organizations that mentor youth such as Free The Children, Big Brothers Big Sisters, The Duke of Edinburgh's Awards, Action Canada and the Trans Canada Trail.

Since its inception, The Keg Spirit Foundation has raised more than $7.3 million for approximately 300 different charities that focus on youth mentoring programs.

"Giving back and creating a positive legacy, particularly for youth, is one of David's core business values," KPU president and vice-chancellor Dr. Alan Davis said in a press release.

Aisenstat takes giving back personally, which he made quite clear in 2010 when he spearheaded a fundraising expedition to the top of Mount Kilimanjaro, raising $320,000 for youth organizations.

"For any conscientious entrepreneur, giving back to the community should be viewed as a responsibility," Aisenstat said.

"It's been my privilege, not just to contribute from afar, but to also be fortunate to have had a small part in the success of some very worthwhile efforts. Every day in my work I see the potential of our young people — an investment in their future is an investment in all of our futures."

Correction

- Langara instructor Ethan Baron does not have experience using armed drones in Afghanistan or Africa. Incorrect information appeared in the last issue of Learning Curve. Metro apologizes for the error.

UBC appoints new president

The University of British Columbia (UBC) has announced its 13th president and vice-chancellor. Dr. Arvind Gupta will assume the role July 1.

Gupta, who will succeed Prof. Stephen Toope, is currently chief executive officer and scientific director of Mitacs, a not-for-profit organization recognized internationally for nurturing the next generation of research and business-savvy innovators.

"The opportunity to lead one of the world's great universities attracted outstanding candidates, but Dr. Arvind Gupta clearly stood out as the best choice to lead this great university," board chair John Montalbano said in a press release. "The board will provide its full support to Dr. Gupta as he guides UBC in its pursuit of excellence so that we may better serve the people of British Columbia, Canada and the world."

Since Frank Wesbrook served as UBC's first president in 1913, UBC has grown to more than 58,000 students and 15,000 faculty and staff, with an annual budget of $2.2 billion and an estimated $12.7 billion annual contribution to the B.C. economy.

"As a member of the UBC community, I know how great a responsibility and honour this is," Gupta said. "I have the privilege of taking the baton from Prof. Toope, who has guided UBC to a strong position. We have exciting days ahead and I relish the opportunity." DANIEL HENDRIKSEN

KPU students donate $5,000

DANIEL HENDRIKSEN
For Metro

Kwantlen Polytechnic University turf students present a class project during the Canadian International Turfgrass Conference and Trade Show in Vancouver. CONTRIBUTED

Students from Kwantlen Polytechnic University's (KPU) turf management program had a strong showing at the recent Canadian International Turfgrass Conference and Trade Show in Vancouver.

Fourteen of the Langley-based program's students took part in the event where they met leading experts in turf technology and industry professionals from across Canada.

KPU student Mark Stoklosa spoke in a press release about how his experience at the event gave him insight into the career ahead of him.

"After meeting members, attending seminars and meetings, I have a better understanding of the different aspects in the turf industry," Stoklosa said.

The KPU students did a lot more than just network at the conference, however. They also donated $5,000 to the Western Canada Turfgrass Association Turfgrass (WCTA) research fund. The money was raised through golf tournaments, raffles, poinsettia sales and social events.

In addition to donating the funds, the KPU representatives also organized the pre-conference golf tournament for delegates, served as event hosts, conducted registrations and assisted with meetings.

"I was very impressed with the professional manner in which the entire class conducted itself," said Dean Piller, president of the B.C. Golf Superintendents Association.

Students in KPU's turf management program get hands-on training by working on the ongoing development turf management field lab at KPU. Upon graduation, they can look forward to careers as managers at golf courses and athletic fields. They are trained to install and maintain irrigation and drainage systems, implement integrated pest management programs and employ the finance, communication and supervision business techniques necessary for a successful turf operation.

For more about the turf management program, visit kpu.ca/hort/turf.

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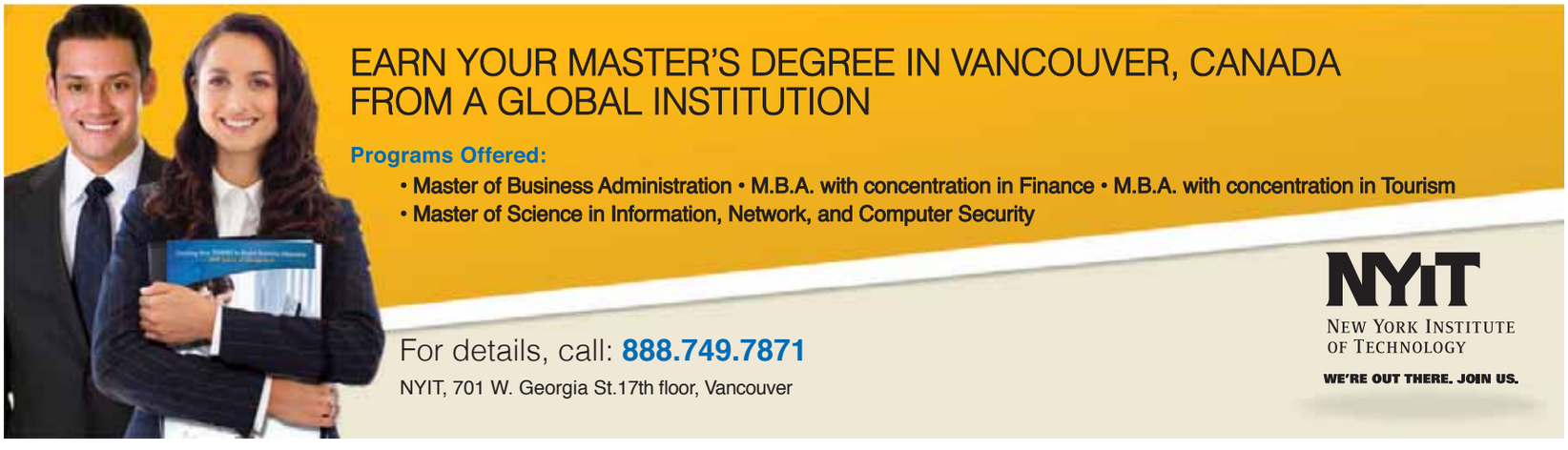
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MTI OFFERS EXTENSIVE HEALTH-CARE PROGRAM

With the rise in the aging population, and the aged living longer due to improved management of chronic illness, this has created an increased demand for qualified health-care assistants (HCA) in British Columbia.

It is important that HCAs have a strong foundation to build upon throughout their careers, and MTI Community College offers students the health-care assistant program to help industry meet the growing need for qualified HCAs.

"The health-care industry is a constantly changing and somewhat unpredictable environment," says Niki Paxton, RN, faculty of heath-care facilitator.

"Our graduates need to be open to growth and to work with the health-care team to maximize care in this ever-changing industry."

The MTI Community College HCA program follows the provincial curriculum set out by the B.C. HCA registry.

Students will learn the knowledge and skills needed to care for those who are unable to care for themselves, while maximizing the quality of life for their residents. This includes courses in body systems and nutrition, common health challenges, and cognitive and mental health challenges while weaving in interpersonal communications and personal care skills.

In addition, the college has additional input on the curriculum and competencies from a variety of sources, such as the MTI HCA advisory board, and the years of cumulative experience of its health-care team, comprised of instructors, nurses and experts in education.

"By combining this information, we've created an extensive and diverse program focused on creating confident, knowledgeable, caring and capable efficient health-care assistants," Paxton says. "These HCAs will be entrusted by our communities to care for our aging populations. Therefore, we must ask ourselves what skill levels the caregivers of our loved ones should have."

Paxton says the HCA program sets this foundation so individuals can advance their careers in many capacities.

For more information, visit mticc.com.

PUT PRACTICAL SKILLS TO USE

MTI offers the health-care assistant program at four of its campuses where these facilities are showing the highest density — North Road, Surrey, Abbotsford and Chilliwack.

Students will get a chance to put their practical skills to use through two practicum placements. Student supports such as small class sizes, financial aid, and graduate services are also available.

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"Our diploma-to-degree program is designed for students who have a two- or three-year Canadian public college diploma in the fields of business or criminal justice, who want a bachelor degree for more career options, but who find it difficult to get to class," ays Anita Connolly, student services co-ordinator at UFred.

CONTRIBUTED

"For these students, we have a fully online solution that provides unrivalled flexibility and convenience.

"In addition to the online flexibility, qualified students may transfer up to 90 credits from their diploma program into the Husson University bachelor program. This means that they will only need to complete 30 credits to be awarded the degree, which is half the time it would take at a typical Canadian university that requires 60 credits for completion.

For more about the diploma-to-degree program, including admission requirements and how to apply, visit UFred.ca.

LEARN TO WORK WITH ABORIGINAL YOUTH AT NEC

The Canadian Aboriginal population is young — according to Statistics Canada (National Household Survey, 2011), 46.2 per cent of Canada's Aboriginal population is 24 years old and younger.

Given the high amount of Aboriginal youth in Canada, they need appropriate youth programs staffed by relevant, skilled youth workers.

The Native Education College (NEC) Aboriginal youth care (AYC) program is designed to graduate students with the competencies and knowledge to work with Aboriginal children, youth and families.

"The AYC program is the first step in building a strong foundation of skills and knowledge for working with Aboriginal youth," says Jason La Rochelle, program manager of human services, NEC.

Students will learn about Aboriginal youth related issues and how to help youth work on these issues, while they learn about traditional Aborignal cultural health practices and Aboriginal history.

This certificate program involves a unique partnership between Douglas College, a public post-secondary institution, and NEC, a private post-secondary institution, where students have the option of continuing their studies at either institution.

CONTRIBUTED

"It is a full-time evening program, consequently, the program is accessible to those working part or full time during the day," La Rochelle says.

The next AYC program start date is September. For more information, please visit necvancouver.org.

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Layering superfoods gives the most bang for your buck. Feel free to mix and match ingredients. Just be sure to choose items that are slightly sticky to make your mould hold. Leftover mashed potatoes, sweet potatoes, squash and hummus work well interspersed between less sticky layers.

This dish pleases vegans and vegetarians and is gluten-free but it can also be a great appetizer or side dish with grilled meat, chicken or fish.

Save an empty tin can and remove both lids, keep one lid for pressing. This is a great method to make any dish or dessert restaurant pretty!

I like to collect a variety of sized cans and save multiples to make the process go faster.

1. Layer 2: Simmer red onion slices in 1/2 cup Bloo blueberry juice until onion is softened but holds shape and absorbs juice.

2. Layer 4: Using the same sauté pan as used for Layer 2, place kale and spinach in pan pour 1/2 cup of Bloo blueberry juice over top and 1/2 teaspoon salt. Sauté until rendered down about 3 minutes. Remove from pan set aside and reserve any liquid. You'll use the same pan to make blueberry drizzle with any remaining liquid, so set it aside.

3. Layer 5: Pierce and microwave a sweet potato until soft then mash with butter.

4. Layer 7: Use leftover mashed potatoes or double up on the sweet potato layer.

5. Blueberry Drizzle Reduction: Simmer with a whisk until combined and slightly thickened. Set aside.

6. Layer assembly: Use an empty can as mold for tower with bottom and top removed (reserve one lid to make unmolding easier. Oil inside of can, place on plate. Add 3-4 tablespoons of hummus, smooth out with spoon. Add onion layer, flatten with spoon, add 3-4 tablespoons of goat cheese and smooth. Place kale/spinach mix next making sure surface is covered. Smooth out with spoon. Add 3-4 tablespoons of mashed sweet potato mixture, smooth out with spoon. Add roasted peppers next, in circular layer cover surface, pat down with spoon. Using 3-4 tablespoons of mashed sweet or leftover white potato for top layer smooth with spoon to cover area and create a very smooth top. Gently place the lid ring on top and firmly press before you slide the can upward over the veggie tower and repeat for other towers. Decorate top with micro greens and drizzle with blueberry drizzle reduction. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY BLOOJUICE.COM**

Ingredients

Layer 1
- Hummus

Layer 2
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1 large sweet onion sliced (1/4 inch or .6 cm thick)

Layer 3
- 2 cups (500 ml) plain goat cheese at room temperature

Layer 4
- 8 Cups (2000 ml) baby kale / spinach mix
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1/2 tsp (2.5 ml) salt

Layer 5
- 2 medium sweet potatoes peeled
- 2 tbsp (30 ml) unsalted butter

Layer 6
- 1 jar roasted red pepper strips

Layer 7
- Leftover mashed potatoes

Layer 8
- Micro greens or edible flowers

Blueberry Drizzle Reduction
- 1 cup (250 ml) Bloo blueberry juice
- 1 cup (250 ml) red wine
- 1 tbsp (15 ml) balsamic vinegar
- 1 tbsp (15 mL) unsalted butter

This recipe serves six. BLOOJUICE.COM

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WHL

Giants need silent scorers to speak up against Portland

Just days before the Western Hockey League playoffs got underway, Vancouver Giants head coach Don Hay mentioned the importance of goaltending.

Through two games against the Portland Winterhawks, Hay and the Giants have gotten a pair of excellent performances from 17-year-old puck stopper Payton Lee, who has faced a combined total of 88 shots, stopping 81. As good as he's been, the Giants still trail the Winterhawks 2-0 in the first-round series.

Games 3 and 4 are Tuesday and Wednesday at Pacific Coliseum.

This is Lee's first taste of playoff hockey in the WHL. He's facing a team that scored 338 goals during the regular season, the most in the WHL.

Lee, like most goalies, likes seeing a healthy abundance of shots during a game, although the Giants would certainly prefer to lessen his workload as this series progresses.

"I think it's definitely a good challenge. It keeps you in the game," he said.

Hay stressed the need for more offensive push from the Giants, who have only had 31 shots combined through two games.

"For us to be successful, we've have to score some goals and … create offence," Hay said.

A pair of 16-year-olds will get into the lineup Tuesday: Forward Ty Ronning, who missed the first two games with the flu, and defenceman Matt Barberis will both make their post-season debuts.

CAM TUCKER/METRO

Lions aren't up for sale, but Argos are

CFL. Owner David Braley disputes report out of Toronto saying Lions are on the market

CAM TUCKER
cam.tucker@metronews.ca

Owner David Braley says the Argonauts will be up for sale, but that he'll be holding onto the Lions for now.
CARLOS OSORIO/TORSTAR NEWS SERVICE

The B.C. Lions are not up for sale; however the Toronto Argonauts are. That's according to David Braley, who owns both Canadian Football League franchises.

A report in the Toronto Sun states both the Lions and Argos are up for sale, with price tags of $60 million and $20 million, respectively.

Speaking briefly via telephone on Monday, Braley told Metro that the Lions are not up for sale. He also denied that the asking price for the Lions was $60 million. He suggested the combined price of the two teams might total $60 million but did not confirm that, saying he had yet to see the Toronto Sun report.

The Argonauts, which the former senator took over in February 2010, are on the market, Braley said. In January, there were numerous reports out of Toronto indicating Maple Leafs Sports and Entertainment has a strong interest in the Argos.

That has also included the prospect of the Argos perhaps one day playing at BMO Field, current home of Major League Soccer's Toronto FC. Last September, the Argos and Rogers Centre agreed to a lease deal through 2017.

"I'm in the process of discussing that with potential buyers now. I don't know if that will happen," Braley said.

"But the Lions are not for sale at this time."

Braley took over as the owner of the Lions in 1997. A report in the National Post in September stated that Braley is planning to sell both franchises by the time he turns 75 years old, so roughly within the next two years.

On Monday, Braley left open the possibility of still owning one of those franchises — likely the Lions — past that birthday.

He said he was going to sell one of the teams by the time he was 75 years old — "It will more likely be Toronto first," he said.

"It's possible both teams could be sold, but not likely."

B.C. Lions and Toronto Argonauts owner David Braley
TORSTAR NEWS SERVICE FILE

Henrik Sedin throws a hit on the Sabres' Drew Stafford during Sunday's game. Sedin injured his left leg during the game and his status for this week's games against the Wild and Avalanche is questionable. DARRYL DYCK/THE CANADIAN PRESS

Status of Canucks' aching captain Sedin up in the air

It's become a wait-and-see game as to the status of Henrik Sedin.

The Vancouver Canucks captain left Sunday's win over the Buffalo Sabres at the end of the second period with an apparent left leg injury, which he said occurred when he went to throw a hit and the opposing player fell back on top of him.

It was hardly the ideal ending to a night when Sedin was honoured for recently playing in his 1,000th career NHL game — all with the same team.

But that's in the past. The question now is: Will Henrik be healthy enough when the Canucks hit the road for a pair of games against the Minnesota Wild on Wednesday and Colorado Avalanche on Thursday?

Speaking after Sunday's game, Henrik didn't rule himself out for the coming trip. However, Renaud Lavoie of TVA Sports reported he could be out for two weeks with a lower-body injury.

The Canucks are scheduled to skate at Rogers Arena on Tuesday before departing for Minnesota.

Against Buffalo, the Canucks got forwards Ryan Kesler and Daniel Sedin back, but were without Alex Burrows because of a thumb injury.

CAM TUCKER/METRO

4 SPORTS

Bracket-busting Flyers crash party

March Madness. Former top contender Dayton making first trip to the round of 16 in 30 years

For the last 14 years, the NCAA tournament has started with play-in games and the First Four at the University of Dayton Arena. The home team? Didn't even get in the bracket most times.

This year, it's flying high.

With two close wins under daunting circumstances, the Flyers have turned Dayton into more than just a starting point for the NCAA tournament. It's become a focal point.

President Obama is tweeting about it. The national media is talking about it. Students are staying up until the early morning hours celebrating the Flyers' first trip to the Sweet 16 in 30 years.

Dayton's Devin Oliver reacts after beating Syracuse Saturday in Buffalo. ELSA/GETTY IMAGES

"This opportunity is a once-in-a-lifetime chance," guard Jordan Sibert said Monday before practice.

Given how things had gone lately for the Flyers, it felt like a lifetime since they'd been relevant in March.

Dayton was a mainstay in the tournament in the 1960s, finishing as the runner-up in 1967 with a loss to UCLA. The winning waned after 1990. Dayton went 10 years before its next tournament appearance and is making only its fifth NCAA trip in the last 14 years.

Those Flyers fans who pack UD Arena for the First Four can keep cheering this time — which is exactly what they've been doing since the 11th-seeded Flyers (25-10) beat Ohio State 60-59 in Buffalo, followed by a 55-53 win over Syracuse. They'll play 10th-seeded Stanford (23-12) in Memphis on Thursday.

"We have to sort of come back down out of the clouds a little bit," coach Archie Miller said. "There's just so much hype, media and the talk around you."

THE ASSOCIATED PRESS

Blazers burned at the buzzer

Heat guard Ray Allen goes up for a shot against Trail Blazers centre Meyers Leonard on Monday in Miami. LeBron James scored 32 points, including a layup with 11.4 seconds left, and Chris Bosh capped his 30th birthday by blocking Damian Lillard's layup in the final moments as the Heat escaped with a 93-91 win. WILFREDO LEE/THE ASSOCIATED PRESS

MLB

Cano's four RBIs not enough to beat White Sox

Paul Konerko and Marcus Semien homered for the Chicago White Sox, who overcame Robinson Cano's four RBIs in a 7-6 win over the Seattle Mariners on Monday.

Semien hit a three-run drive as part of a five-run second inning. Konerko added a two-run shot to back Erik Johnson, who allowed three runs and four hits over six innings in his final start of the spring. Johnson struck out four and walked three.

Cano went 2-for-4 with a three-run double in the seventh. After bolting the Yankees for a $240-million, 10-year contract with Seattle, the all-star second baseman is batting .465 this spring.

"He turned it up a little bit with the bases loaded," Mariners manager Lloyd McClendon said. "Really got his hands in nicely and put a nice swing on it." THE ASSOCIATED PRESS

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metro

Horoscopes

♈ Aries
March 21 - April 20
As Mars is moving retrograde through your opposite sign of Libra you clearly need to get serious about a relationship one way or the other. Either commit yourself to it 100 per cent or end it once and for all.

♉ Taurus
April 21 - May 21
The planets will enable you to push harder and get more things done today but give some thought to your health as well. Don't go to extremes.

♊ Gemini
May 22 - June 21
Mars in Libra makes all things possible but for best results be selective. Don't waste your time and energy on a dozen aims because that will dilute your chances of success. Choose one and stick to it.

♋ Cancer
June 22 - July 23
You may not be able to see things from another person's point of view but you do have to recognize that they have a point of view – and that it's valid.

♌ Leo
July 24 - Aug. 23
You're not the sort to stick with what you know. The more you are on the move today, the more you are meeting new people and trying new things, the more likely it is you will find happiness.

♍ Virgo
Aug. 24 - Sept. 23
Something will go out of your life over the next few days and you must not try to cling on to it. The planets suggest that something even better will appear to take its place around the time of next weekend's new moon.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign endows you with huge amounts of energy. However, as Mars is going through one of its retrograde phases you must be careful about how you use that energy. Don't make changes that cannot be changed back.

♏ Scorpio
Oct. 24 - Nov. 22
You are in possession of information that could be dangerous to the kind of people who would do almost anything to make sure it stays private so maybe you should keep it to yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn that you may have to end friendships that no longer meet your needs. Once you have done that there will be room in your life to start new ones with people more like you.

♑ Capricorn
Dec. 22 - Jan. 20
Mars, planet of action and ambition, is moving through the career area of your chart, so chances are you will be even more go-getting than usual.

♒ Aquarius
Jan. 21 - Feb. 19
With both the Sun and Uranus moving through one of the better areas of your chart you no doubt feel ready for a new adventure. Just plan your route carefully.

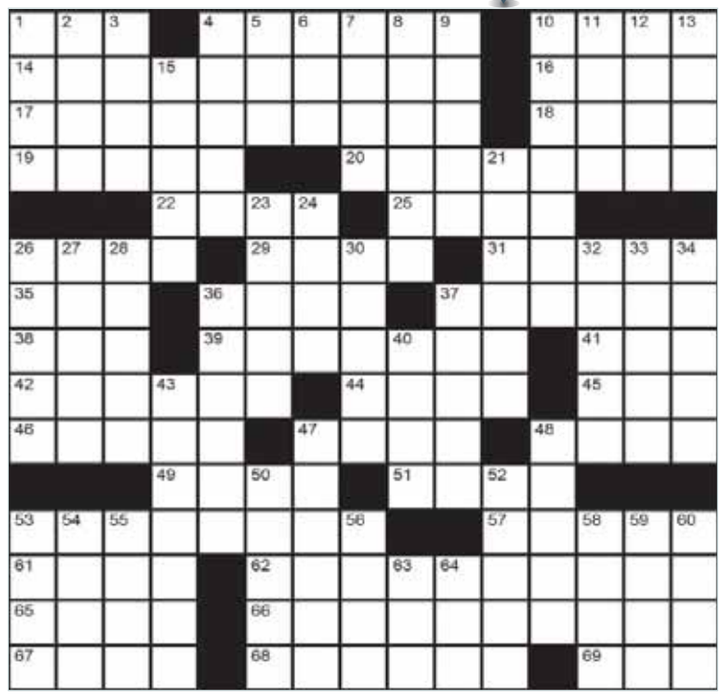
♓ Pisces
Feb. 20 - March 20
Be secretive about money matters today. According to the planets your rivals are on the lookout for opportunities to grow rich at your expense so stay sharp and don't let it happen.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

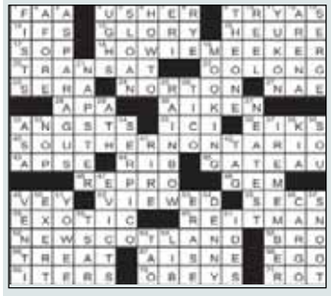
BY KELLY ANN BUCHANAN



Across
1. Ms. Stubbs of "Sherlock", on Showcase
4. Mr. Bumble's gig in Oliver Twist
10. Wit
14. Canada's __ (1967's significance)
16. Place
17. 75th Anniversary! Coffee Crisp's slogan: 'makes a nice __ __'
18. Concept
19. __ Bay, BC
20. '90s comedy series
22. Blinkers
25. ICU part
26. Smart
29. Clever remark
31. Skeleton segments
35. Casino cube
36. Catapult
37. Warm ocean current: 2 wds.
38. Boat's blade
39. Princess Beatrice's sister
41. Islet
42. Hull and Orr
44. "Happy __" (2006)
45. Helios' 'H'
46. Magazine piece
47. Needle case
48. War god
49. Benchmark
51. Stable offspring
53. Ontario: __ Falls, 'The Garden Town of the North'
57. "...it ain't __ __ / I wanna see..." - *NSYNC, "Bye Bye Bye"
61. "Shark Tank" tycoon Daymond John's clothing line
62. Canadian author Michael Ondaatje's bestseller set in Sri Lanka: 2 wds.
65. Tropical destination
66. New __ Party of Canada
67. Broadway tune: "All __ Jazz"
68. Anvil-user's workshop
69. 'Fool' suffix

Down
1. Sch. in The States
2. Mr. Peart of #54-Down
3. Brad's beloved, briefly
4. Ms. Kennedy (Panelist on Canadian quiz show classic "Front Page Challenge")
5. NnNnn
6. Lesley __ Warren
7. "Buenos __!"
8. Tie one's shoes: 2 wds.
9. The MacGuffin author, Stanley __
10. Mr. Murray of The Tenors
11. __-de-camp
12. Stagger
13. Couplet
15. Afternoon hour
21. Canned corn bit
23. Horse play
24. OR pro
26. Sun-dried brick
27. Byes, in Milan
28. Recipe extras
30. "_ __ a sandwich for you on the counter." (Kitchen chitchat)
32. Less unkind
33. Related maternally
34. Some beans, variantly
36. Song by 2014 Canadian Music Hall of Fame inductees Bachman-Turner Overdrive: 2 wds.
37. Farm song letters
40. Nine: French
43. Medieval meal
47. "Lose Yourself" rapper
48. Waikiki greeting
50. Paved places
52. Mad
53. "Don't know __ __ matters, but..."
54. Toronto band
55. "__-__-Di..." (Beatles song title bit)
56. Ms. Sara, Canadian broadcaster
58. French author, Pierre __
59. Ancient Egyptian goddess
60. Carve in a name
63. Fate
64. Bldg. with chalkboards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3	7			5	8
4	2			9	8			7
	3				6		9	
	7	4				1	2	
	9		5				7	
9			2	4			3	1
6	1			5	9			

Yesterday's Sudoku

4	5	2	9	3	8	7	1	6
3	8	7	1	5	6	9	4	2
6	9	1	2	7	4	5	8	3
2	7	3	4	1	9	6	5	8
1	6	9	5	8	2	4	3	7
5	4	8	3	6	7	1	2	9
8	2	4	7	9	3	3	9	1
7	1	5	6	2	3	8	9	4
9	3	6	8	4	1	2	7	5

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